

eat smart  

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move more

# WEIGHT MANAGEMENT RESOURCES FOR CHILDREN, ADULTS AND FAMILIES

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Weight Management



Nutrition



Physical Activity

Weight Control and Diabetes Research Center  
The Initiative for a Healthy Weight, Rhode Island Department of Health  
Hasbro Children's Hospital, Pediatric Gastroenterology and Nutrition

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## **Hospital-Based Programs for Adults**

### **Memorial Hospital: Nutrition Education Center**

111 Brewster St. Pawtucket, RI

Individual Counseling (401) 729-2334

Group Clinics (401) 729-2574 or visit the website at: <http://mhriweb.org/>

For adults, adolescents, and diabetics seeking weight loss and healthier lifestyles

- Nutrition and weight loss counseling provided by dietitians
- Provides many support groups that meet throughout the year
- Adolescent group **ages 8-13** meets 3 times a year

**Spanish interpreters available**

### **Care New England Wellness Center**

2191 Post Road, Warwick RI (401) 732-3066

<http://www.cnewellnesscenter.org>

- Personalized nutrition services, including one on one counseling with a dietitian
- *Healthy Steps*: Focuses on long-term lifestyle changes, 12-week medically based weight management program available to individuals of all ages. Healthy Steps includes nutrition, exercise, education, and behavior modification
- Accepts most insurance

### **The Miriam Hospital: *Weight Management Program***

*Dr. Vincent Pera* • 1 Hoppin St. Coro West, Providence • (401) 793-8740 for more info and (401) 444-4800 to register,

- A comprehensive, medically supervised weight management program for adults who are mildly, moderately, or severely overweight.
- Involves exercise counseling, nutrition education, behavior therapy, and medical monitoring
- Certified by the Rhode Island Department of Health
- Accepts most insurance

### **The Miriam Hospital (Behavioral Medicine Clinic)**

401-793-8740

Terry Jerominek, MS RD, LDN, CDOE

Mary Lynne Hixon, MA, RD, LDN, CDOE

**Specialty:** Adult weight and chronic disease management

### **The Miriam Hospital**

Mary Flynn, PhD, RD, LDN\*

401-793-2621

**Specialty:** General (except diabetes), plant based olive oil diet

**South County Hospital: *Medical & Wellness Center***

3461 South County Trail (Rt.2), East Greenwich

Scheduling • (401) 788-1135

- Outpatient Nutrition Counseling Services by a registered dietitian who provides counseling for a variety of diet and nutrition issues
- Weight Loss Program • (401) 782-8020 x 3366, *Gerry Maynard*
- 12-week weight management program that includes individual diet and weight management consultants with a Registered Dietitian, along with an exercise program
- Exercise programs are tailored to individual needs, designed and supervised by Exercise Physiologists.
- For more information on other maintenance programs available, call 782-8020, ext. 3484

**Westerly Hospital: *Nutrition and Weight Management Center***

25 Wells Street, Westerly, RI 02891

Outpatient Nutrition counseling • (401) 348-3339

- Individual program and group classes for people seeking weight loss and a healthier lifestyle
- Clinical staff provides outpatient nutrition counseling including: therapeutic diets with physician referral and low-fat, low cholesterol, and weight control eating plans without physician referral
- Financial assistance available
- Accepts most insurance
- Applications for financial aid must go through hospitals

**Landmark Medical Center: *Outpatient Nutrition Department***

115 Cass Avenue, Woonsocket, RI • (401) 769-4100 ext. 2006.

**Specialties:**

- Individual nutrition counseling for adults
- Adult Weight Management
- Co morbidities
- Gestational diabetes

**Insurance:** All insurance accepted

**Woman and Infants Hospital**

Outpatient Nutrition Services Department

401-274-1122 ext 2760

Doreen Chin-Pratt RD, LDN

Susan Biastre RD, LDN, CDE

Kathleen Raftery Muse RD, LDN

Leah Spellman RD, LDN

**Specialty:** Pregnancy and other adult Woman's Health

**St. Joseph Health Center  
Diabetes Resource Center  
Available to Patients of St. Joseph Health Center**

21 Peace Street  
Providence, RI 02907  
401-456-4419  
Fax: 401-456-4414

**Specialties:** Individual and group diabetes/cardiovascular disease, outpatient education available for adult patients seen by St. Josephs adult Primary Care Physicians and dietitians available for individual and group counseling.

**Pharmacy Assistance Program is available for patients to obtain medications and supplies.**

**Hospital-Based Programs for Children**

**The Miriam and Rhode Island Hospitals: *Project CHEER***

Providence, RI • (401) 444-7512  
Program for teens **ages 13-17 yrs** who are moderately overweight

**Weight Control and Diabetes Research Center: *Pediatric Weight Control Program***

196 Richmond Street, Providence, RI • (401) 793-8940

- Program **for children ages 8-12 yrs** who are overweight or obese
- Education on exercise and nutrition will be provided by pediatrician and dietitian
- Duration: 16 sessions over 6 months
- No cost to parents
- <http://www.weightresearch.org>

**Kent Hospital: *Kids Choose to be Healthy***

Warwick, RI • (401) 737-7010 x1237, Pam Hill

- Program targets children **ages 6-10 yrs**
- Children's education will encompass hands-on activity, while the parents portion will include more discussion
- Offered at various locations throughout the year
- Spanish interpreters available
- 8 week sessions
- Check out the website at [kenthospital.org/documents/kent\\_kidschoose\\_fact\\_sheet.pdf](http://kenthospital.org/documents/kent_kidschoose_fact_sheet.pdf)

**Hasbro Children's Hospital: *Insulin Resistance Clinic***

593 Eddy Street, Providence, RI • (401) 444-5504

- For overweight children and teens with insulin resistance
- Referral from your child's doctor required
- The team includes an endocrinologist, dietitian & exercise physiologist

**Hasbro Children's Hospital: *Outpatient Nutrition Services***

593 Eddy St, Providence, RI • (401) 444-7152

- Available for nutrition referrals on Thursdays between 1 and 4 p.m. To book an appointment, call weekdays from 9:30 a.m. to 1:30 p.m.
- Check with your child's insurance provider prior to scheduling appointment as individual coverage may vary

**Memorial Hospital: *Nutrition Education Center***

111 Brewster St., Pawtucket, RI

Individual Counseling (401) 729-2334

Group Clinics (401) 729-2574 or visit or visit the website at: <http://mhriweb.org/>

- For adults, adolescents and diabetics seeking weight loss and healthier lifestyles
- Nutrition and weight loss counseling provided by dietitians
- Provides many support groups that meet throughout the year
- Adolescent group **ages 8-13** meets three times a year
- Spanish interpreters available

**Memorial Hospital: *Youth Fit***

111 Brewster St., Pawtucket, RI • (401) 729-2582, Dr. Marjorie Nasin

- For children in grades 1-10 who struggle with their weight
- A family based, long-term approach
- Program focuses on fitness and weight management
- Appointments available on Tuesday and Thursday afternoons

**South County Hospital: *Nutrition Counseling Services***

Wakefield, RI • (401) 782-8020 x 3366, Gerry Maynard

- 12 week weight management program for **adolescents and adults**

**South County Hospital: *Food, Fitness, and Fun Program***

South County Hospital, 100 Kenyon Avenue, Wakefield, RI

Email: [foodfitnessandfunprogram@schospital.com](mailto:foodfitnessandfunprogram@schospital.com)

Project Director: Stephanie M. Marchand, PhD, RD, LDN, CLC

- 16-week study/program designed to improve nutrition, physical activity and body image in overweight children and slow down the rate of weight gain. The goal is to improve health and quality of life.
- For children between the ages of 7-10 with a BMI greater than the 85th% for age and gender.

**Women & Infants Hospital: *Healthy Habits Clinic***

101 Dudley Street, Providence, RI • (401) 274-1122 x8935, Ronnesia Gaskins, PhD, MSPH, Child and Family Behavioral Medicine Psychologist

- Women & Infants is partnering with the Alpert Medical School of Brown University to offer this weight control program for children **ages 2-7 yrs**
- Appropriate for children with an elevated BMI, a family history of obesity, and/or a less healthy approach to food and exercise
- Program targets various behaviors to achieve weight management

- The clinic is open on Wednesdays and Thursdays

**The Westerly Hospital: *Nutrition & Weight Management Center***

25 Wells St., Westerly, RI • (401) 348-3342

- Individual program and group classes for people seeking weight loss and a healthier lifestyle. Families may apply for financial assistance
- Interpreter available
- Individual nutrition counseling for **children & teens**
- <http://www.westerlyhospital.org>

**Children's Hospital Medical Center: *Optimal Weight for Life (OWL)***

300 Longwood Avenue Hunnewell Building, Ground Floor, Boston, MA • (617) 355-5159

- Evaluation & treatment of overweight children & young adults
- **Ages 4-23 yrs**
- <http://www.childrenshospital.org/owl>

**Boston Medical Center: *Nutrition & Fitness for Life Program (NFL Program)***

Dowling Building, 4<sup>th</sup> Floor, Room 4204, 850 Harrison Ave., Boston, MA • (617) 414-6876

- Individual & group weight management for children & their families
- <http://www.bmc.org/pediatrics/services/Specialty/Nutrition/index.html>

### **Community-Based Fitness Centers**

**Healy PT RI Fit Kids Program: Healy Physical Therapy**

927 B Warren Avenue, East Providence, RI • (401) 438-9355

- East Providence Physical Therapy and Sports Medicine practice
- Children **6-17 yrs** learn aerobic and strength conditioning exercises twice weekly during a twelve week program
- Participants will receive customized exercise plans that they can continue at home
- [www.healyphysicaltherapy.com/fitkids.html](http://www.healyphysicaltherapy.com/fitkids.html)

**YMCA**

**Contact your local YMCA to find information on nutrition and/or fitness programs**

**Pawtucket Family YMCA**

20 Summer Street

Pawtucket, RI 02860

401-727-7900

**Newport County YMCA**

792 Valley Road

Middletown, RI 02842

401-847-9200

401-848-7521

[info@newportymca.org](mailto:info@newportymca.org)

**Kent County YMCA**

900 Centerville Road  
Warwick, RI 02886  
401-828-0130

**Bayside YMCA of Barrington**

70 West Street  
Barrington, RI 02806  
401-245-2444

**East Side/Mt. Hope YMCA**

438 Hope Street, Providence • (401) 521-0155 or (401) 521-7252

- Summer: Camps with full & half day options allow children to participate in swimming, boating, basketball and other physical activities. Specialty camps focus on interests like dance, cheer or sports
- During the school year: After-school program with transportation from a number of schools with a similar program
- Both programs accept Spanish speakers

**Healthtrax Fitness Center**

15 Catamore Blvd., East Providence • (401) 434-3600  
2191 Post Road, Warwick • (401) 732-2413

- Accept most health insurance plans
- Partners with corporations for discounts
- Jr. Strength training for **ages 11 to 14 yrs** (Parent must be a member of Healthtrax)
- Pool availability, swim lessons

**Gym Jam**

887 Dyer Ave, Cranston, RI • (401) 943-0091

- Fitness Center for whole family, **children ages 7 yrs and older**
- Children can participate in age appropriate yoga, cardio, and conditioning classes
- <http://gymjam.tripod.com>

**Camp Kingsmont- Amherst, MA \$\$**

Emily Dickinson Hall, 893 West Street, Amherst MA • (877) FIT-CAMP or (703) 288-0047

- Summer program for children **ages 7-18 yrs** who have struggled with their weight. Campers receive nutritional advice and participate in a wide range of physical activities
- [www.campkingsmont.com](http://www.campkingsmont.com)

**Boys and Girls Clubs of Greater Providence**

Open afternoons, evenings, and weekends. Providing nutritious meals and snacks for youth after school, as well as promoting physical activity.



Several locations throughout the state.

**Dues is \$18 per year.**

See website for locations throughout Rhode Island

[www.bgca.org](http://www.bgca.org)

### **Dietitians in Private Practice**

Private practice nutritionists in your area can be found by calling your health insurance company or online at [www.eatright.org](http://www.eatright.org) --click on Find a Nutrition Professional in your area.

\* Member of the American Dietetic Association/Rhode Island Dietetic Association

**Michelle Lamoureux, RD, LDN**

**Nutrition Concepts**

Pediatrics and Adults

1200 Hartford Avenue

Suite 126

Johnston, RI 02919

401-595-5407

Nutrition Concepts123@yahoo.com

**Specialties:** Specializing in Pediatrics, as well as individualized nutrition counseling for all ages.

**Insurance:** Blue Cross, United, Neighborhood, and Tufts

#### ***Cooking UP Good Nutrition***

**Allison M. Acquisto, AS, MA, RD, LDN\***

(401) 286-8998

E-mail: [aacquisto@cox.net](mailto:aacquisto@cox.net)

**Specialties:** Nutrition educator with culinary expertise, health and wellness, disease prevention through whole food nutrition, personal chef service, wellness workshops, and counseling for groups and individuals of all ages.

#### ***Evolution Bodywork***

**Emily Gedney, RD\***

**Kali Garges, RD\***

**Location 1**

685 Metacom Avenue

Suite C

Bristol, RI 02809

**Location 2**

148 West River Street

Providence, RI 02906

**Location 3**

50 Memorial Boulevard  
Newport, RI 02840-3636

**Location 4**

1301 Fall River Avenue  
Seekonk, MA 02771

**Location 5**

207 Swansea Mall Drive  
Swansea, MA 02777

E-mail: Emily@evolutionri.com

401-396-9331 (**main # to make appointments for all locations**)

**Specialties:** Individualized nutritional counseling, cooking classes, grocery store tours, personal training, nutrition boot camp, pilates, and yoga.

**Insurance:** Blue Cross Blue Shield, United, Neighborhood, TriCare, and Medicare

**Karen Gladney, MS, RD, LDN, CDOE\***

22 Pine Top Road  
Barrington, RI 02806  
401-246-0582

**Specialties:**

- Individualized family-centered nutrition counseling
- Shapedown Provider (Certified Pediatric Obesity Specialist)
- All ages welcome

**Insurance:** Accepts Blue Cross Blue Shield, Blue Chip, United, Tufts, and Medicare

***Newport Nutrition***

**Joanne Faris, MS, RD, LDN, CDOE\***

**Location 1**

108 Evans Avenue  
Tiverton, RI 02878  
401-624-2266

**Location 2**

4 Calvert Street  
Newport, RI 02841  
401-849-1030

**Specialties:** Work with adults and adolescents/pediatric clients. Specialties include therapeutic diets, weight management, wellness, diabetes, cardiac, GI disorders including Celiac disease, eating disorders, and vegetarianism.

**Insurance:** BC&BC, Blue Chip, United, Tufts, Medicare, and other plans may pay on a case by case basis.

***Nurturing Nutrition***

**Katie Mulligan, MS, RD, LDN\***

**Location 1:**

1220 Pontiac Avenue  
Suite 302  
Cranston, RI 02910

**Location 2**

6 Blackstone Valley Place Street  
Suite 702  
Lincoln, RI 02865  
Katie@nuturing –nutrition.com

**Specialties:** Pediatrics, Childhood Weight Management

**Insurance:** Blue Cross Blue Shield, Neighborhood Health Plan, Aetna, Blue Chip.

***Nutrition Consultants, LLC***

**Michelle Smith, RD,LDN, CDOE\***

**Sarah Marotto, RD, LDN, CDOE\***

**Lindsey Baker, RD, LDN\***

**Sue Boyd, RD, LDN, CDOE\***

**Location 1**

285 Governor Street  
Providence, RI 02906

**Location 2**

49 Seekonk Street  
Providence, RI 02906

**Location 3**

700 Aquidneck Avenue  
Middletown, RI 02842

**Location 4**

2 Wake Robin Road  
Suite 205  
Lincoln RI 02865

**Location 5**

1 James Murphy Highway  
West Warwick, RI 02893  
401-615-5538 (**Main # to make appointments for all locations**)  
Fax: 401-471-6413  
msdietitian@cox.net

**Specialties:** Eating disorders, weight management, diabetes, GI disorders, dyslipidemia, sports nutrition, child nutrition, and geriatric nutrition.

**Insurance:** All insurances accepted, except Medicaid

***Gretchen Stalters, MPA, RD, LDN, CDOE,***

132 Old River Road  
Suite B  
Lincoln, RI 02865  
401-333-2784

**Specialty:** Individualized nutrition counseling for all ages.

***Pamela Rand, RD, LDN\****

**Location 1**

80 Dean Krauss Drive  
Narragansett, RI 02874

**Location 2**

885 Boston Neck Road  
Narragansett, RI 02874  
401-295-4003 (**main # to make appointments for both locations**)  
E-mail: Prandfruit@cox.net

**Specialties:** Individual nutrition counseling, nutrition & yoga therapy

**Peggy O'Neill, RD, CDOE, CDE\***

**Patricia Sloss, RD, LDN**

**Heathway RI, Nutrition Director**

**Location 1**

600 Putnam Pike  
Suite 11  
Greenville, RI 02828  
401-349-4870  
Fax: 401- 349-4872

**Location 2**

1145 Reservoir Avenue  
Suite 303  
Cranston, RI 02920  
401-228-6010  
Fax: (401) 228-8167  
E-mail: [peggy@healthwayri.necoxmail.com](mailto:peggy@healthwayri.necoxmail.com)

**Specialties:** Diabetes, weight control, cardiovascular, gastrointestinal, childhood obesity, eating disorders, sports medicine.

**Insurance:** Blue Cross, United Health, Medicare, Neighborhood, Tufts, and Aetna.

**Nutrition Care, Inc.**

**Cynthia P. Sawicky, RD,LDN, CDOE\***

**Location 1**

420 Scrabbletown Road  
H3 and H4  
North Kingstown, RI 02852

**Location 2**

982 Tiouge Avenue  
2<sup>nd</sup> Floor  
Coventry, RI 02852  
401-667-0452  
Fax: 401-667-2894  
E-mail: [cindy@nutritioncareinc.necoxmail.com](mailto:cindy@nutritioncareinc.necoxmail.com)

**Andrea Nero MS, RD, LDN, CLT\***

P.O. Box 100222  
1681 Cranston Street  
Cranston, RI 02920  
Ph. 401-261-6591  
Fax. 401-633-6764  
[gourmetRD@gmail.com](mailto:gourmetRD@gmail.com)

**Specialty:** MRT, LEAP food sensitivity testing and diet management for irritable bowel syndrome, fibromyalgia, migraine. Celiac and gluten intolerance. COPD nutrition assessment and counseling.

**Sarah Marotto, RD, LDN, CDOE\***

Complete Nutrition Therapy, LLC  
Nutrition Therapy Throughout the Lifespan  
925 Main Street, East Greenwich, RI 02818  
1050 Warwick Avenue, Warwick, RI 02888  
Phone: 401-491-9883  
Fax: 401-491-9094  
[www.completenutritiontherapy.com](http://www.completenutritiontherapy.com)

Specializing in: Pediatric and adult weight management, early intervention, preventative nutrition therapy, lifestyle modifications for current disease states  
Insurance: Aetna, Blue Cross, Medicare, Neighborhood Healthcare, United Healthcare

**Food for the Soul**

**Mary Jane Euell, MA, RD, LDN, CDOE\***

**Location 1**

Gate Medical Building  
215 Toll Gate Road  
Warwick, RI 02886  
401-739-7345

**Location 2**

1000 Division Street  
East Greenwich, RI 02818  
401-223-4444

**Specialty:** Cancer, diabetes, celiac disease, compulsive eating, overweight children, general nutrition and therapeutic diets

**Insurance:** All major insurance accepted.

**Mary Proietta, MS, RD, CDE, CDOE, LDN**

**Location 1**

610 Waterman Avenue  
East Providence, RI 02914  
401-465-2360  
Fax # 401-254-0984 (for both locations)

**Location 2**

53 Wapping Drive  
Bristol, RI 02809  
401-254-0984

Appointments are available Monday – Friday and every other Saturday. Home visits available upon request.

**Specialties:** Diabetes Education, pre-diabetes, digestive disorders, food allergies/food sensitivities, weight management, lipid disorders, cholesterol lowering, vegetarian diets, and preventative health.

**Insurance:** Blue Cross, Blue Chip, United, Medicare, Tufts, and Aetna

**Elena Stone, MS, RD, LDN, CDOE**

**Hillside Family and Community Medicine**

**Location 1**

727 East Avenue  
Pawtucket, RI 02860  
[estone@hillsidefamily.com](mailto:estone@hillsidefamily.com)  
401-725-6160  
Fax: 401-722-5430

**Location 2**

33 Danielson Pike  
Unit B  
North Scituate, RI 02857  
401-934-3545  
Fax: 401-934-0671

**Specialties:** Nutrition counseling and certified diabetes education.

**Insurance:** All most major insurances accepted

**Services available in English and Spanish/Same day appointments**

- Individual appointments at convenient times
- Monthly diabetes class: AM and PM classes
- Weekly weigh in group

**Ann Marie Chalmers-Sabula, RD, LDN, CDOE, CDE\***

**East Providence Senior Center**

610 Waterman Avenue  
East Providence, RI 02914  
401-289-0549  
[amcsabula@cox.net](mailto:amcsabula@cox.net)

**Specialties:** Cardiovascular disease, diabetes, adult weight management, food allergies, food supplements, osteoporosis, hypertension, GI disorders, celiac disease, and vegetarian diets.

**Insurance:** Blue Cross, United Health, Neighborhood, Medicare, Tufts, Harvard Pilgrim

### **Eat To Live**

**Melissa Kirdzik, RD, LDN**

#### **Location 1**

Renaissance Fitness and Wellness Center  
195 Broadway  
Newport, RI 02840

#### **Location 2**

##### **Peak Fitness**

200 Highpoint Avenue  
Portsmouth, RI 02871

401-486-7089 (**main # to make appointments for both locations**)

**Specialties:** Weight management, sports nutrition, eating disorders, diabetes, multiple sclerosis, cholesterol, high blood pressure, GERD, and GI complications

### **Smart Bites Nutrition**

**Elizabeth A. Cappalli, RD, LDN, CDOE\***

141 Power Road  
Suite 107  
Pawtucket, RI 02860  
401-725-9800

[RCappalli@aol.com](mailto:RCappalli@aol.com)

**Specialties:** Diabetes education, gestational diabetes, cardiovascular disease, GI disorders, nutrition for health and wellness, eating disorders, obesity

## **Private Practice Physicians**

***Beth Rocchio, MD, East Greenwich, RI (Medical Doctor)***

1050 Main Street Suite 18 East Greenwich, RI • (401) 886-9669

E-mail: [assistant@bethrocciomd.com](mailto:assistant@bethrocciomd.com)

- Weight management counseling, specializing in compulsive eating for all ages.
- Accepts BCBS, United and Tufts insurance
- Visit our website at: [www.bethrocciomd.com](http://www.bethrocciomd.com)

## **Internet Weight Management Information**

- American Dietetic Association – [www.eatright.org](http://www.eatright.org)
- Eatwell.com, excellent resource for healthy recipes that use farm fresh ingredients
- Weight-control Information Network (WIN) – [win.niddk.nih.gov/publications/take\\_charge.htm](http://win.niddk.nih.gov/publications/take_charge.htm)

- Kids Health. – [www.kidshealth.org](http://www.kidshealth.org)
- We Can! – [www.wecan.nhlbi.nih.gov](http://www.wecan.nhlbi.nih.gov)  
Contact Person: Angela Ankoma, [angela.ankoma@health.ri.gov](mailto:angela.ankoma@health.ri.gov)
- Bam – [www.bam.gov](http://www.bam.gov)
- “Shape up Rhode Island” Program – [www.shapeupri.org](http://www.shapeupri.org)
- [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)
- Centers for Disease Control sponsored websites –  
<http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm>  
<http://www.cdc.gov/healthyweight/index.html>  
<http://www.cdc.gov/Features/Fruits&Veggies/>

## **Breastfeeding Resources**

### **Rhode Island Breastfeeding Resource Directory**

[www.health.ri.gov/publications/resourcedirectories/2009Breastfeeding.pdf](http://www.health.ri.gov/publications/resourcedirectories/2009Breastfeeding.pdf)

- Compiled by the Rhode Island Breastfeeding Coalition, the directory contains breastfeeding resources including classes, support services, books, videos, websites, and professional services.
- Includes tools and guidelines that professionals can use for managing common breastfeeding problems.

### **Rhode Island Department of Health**

[www.health.ri.gov/family/breastfeeding](http://www.health.ri.gov/family/breastfeeding)

- The Department of Health collaborates with and supports health care professionals and community groups working to increase breastfeeding rates in Rhode Island.
- The breastfeeding website (above) provides links to local and national resources, breastfeeding tips, information for employers, insurance information, and breastfeeding protection laws

## **Additional Community Resources**

### **Shape Up RI**

Shape Up RI is a statewide community and workplace wellness program founded on the belief that healthy living lies in the power of teamwork through peer and community support. The health campaigns encourage Rhode Islanders to pursue healthy lifestyles through increased physical activity, healthier eating and other wellness behaviors. Participants compete on teams and track their behaviors in challenges designed to motivate and encourage positive lifestyles. Participants can take part in free activities and wellness events offered throughout the state during the campaign to increase variety and support for long-term lifestyle behavior change. Since 2006, over 40,000 Rhode Islanders have participated in this successful program, losing thousands of pounds, walking millions of miles, and proving that teamwork and community are a powerful prescription for taking control of our health. Shape Up RI is a 501(c)(3) non-profit organization.



### **WIC (The Special Supplemental Nutrition Program for Women, Infants, and Children)**

401-222-5960 or 1-800-942-7434 or <http://www.health.ri.gov/family/wic> to find the closest agency and/or to determine program eligibility

- Program for eligible pregnant women, breastfeeding and postpartum mothers, babies, and children younger than five years old. Eligible fathers, grandparents, and foster parents can also apply for WIC for children in their care.
- Program provides nutritious supplemental foods, nutrition education, breastfeeding advice and support, and health care referrals.
- The WIC team at local agencies includes many levels of professional staff: nutritionists, lactation specialists including International Board Certified Lactation Consultants (IBCLCs) and Certified Lactation Counselors (CLCs), and breastfeeding peer counselors

### **Rhode Island Free Clinic: Wellness Works Program**

655 Broad Street, Providence, RI (401) 274-6347

Email: [info@rifreeclinic.org](mailto:info@rifreeclinic.org)

Encourages healthy lifestyle changes for adults to help prevent and manage chronic disease.

Classes offered include: exercise, diabetes management, nutrition, yoga, weight management, and smoking cessation

To participate in Wellness Works activities, you must first become a patient of RIFC by participating in a monthly lottery system. Patients qualify as adults between the ages of 18 and 65, residents of Rhode Island, and having income at or below 150% of the federal poverty level. Call or email us for more information regarding our lottery system.

[www.rifreeclinic.org](http://www.rifreeclinic.org)

### **Meeting Street, Healthy Kids Bootcamp, 401-533-9104**

[www.meetingstreet.org](http://www.meetingstreet.org)

Healthy Kids Boot camp is targeted to meet the needs of children who:

- ~ Are 6 years of age and older.
- ~ Have BMIs 85% and over.
- ~ Have difficulties participating in and completing activities of daily living secondary to decreased endurance and obesity.
- ~ can follow 2-3 step directions.
- ~ Are able to tolerate a group setting.

Where: Meeting Street School, 1000 Eddy Street, Providence, RI

When: Monday and Wednesday Evenings

**Payment Options:** Billing Insurance with corresponding co-payments OR Self Pay \$75/week

Evidence of Occupational Therapy and Physical Therapy evaluations completed within the past two years must accompany application.

### **Farm Fresh Rhode Island**

Many farmers markets in RI accept EBT cards. Using your EBT card is easy; you swipe the card and get tokens which you can use to buy farm fresh foods at these markets.

When You use your EBT card at the market you can get up to \$10 in free Bonus Bucks. Find a list of farmers markets that accept EBT at <http://www.farmfreshri.org>

### **Rhode Island Families in Nature**

An organization that sponsors monthly hikes, offers safety tips on hiking with children, and a free monthly newsletter. See website for time and location of each monthly hike. [rifamiliesinnature.org](http://rifamiliesinnature.org)

### **Children and Nature Network**

A vast amount of resources that connect children with the outdoors. [childrenandnature.org](http://childrenandnature.org)

### **The Great Outdoors Pursuit**

An event that brings Rhode Island families outdoors to attend special events at all state parks.

For more information contact:

Rhode Island Division of Parks and Recreation

2321 Hartford Avenue

Johnston, RI 02919

[riparks.com](http://riparks.com)

Fax: 401-934-0610

### **Weight Watchers**

1-800-651-6000

- Weekly group meetings on healthy eating & lifestyle
- **Ages 10 yrs & older**; children require a doctor's note with daily caloric intake recommendation
- "Flex plan", an individualized point system
- Call or visit website for nearest location
- <http://www.weightwatchers.com>

### **Christ Church**

East Greenwich, RI

**Free** Woman's Aerobics Mondays and Thursdays @ 9am

401-884-8632

### **Middletown Senior Center**

Middletown RI

Exercise classes available to seniors.

**Fee:** \$4 per class

401-849-8823

**Available to all residents of Newport County**

**Diabetes Association of Fall River**

170 Pleasant Street

Fall River, MA

508-672-5671

Power to Move Exercise Program; Mondays 5-6pm

**Fee:** \$2 per class.

**Second Location**

26 Caroline Street

New Bedford Massachusetts

Strength Training Class; Monday 11am-12pm

**Fee:** \$1 per class



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